

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

aTX341
.F615
Cop. 2

Food and Nutrition

December 1975 • Volume 5 • Number 6

Eat
Drink
and
Be
Lively

PERIOD. READ. RM.

LAND
CHOP
SECTION
PROBABLE
SERIAL RECORDS
JAN 13 1976
AGRICULTURE
LIBRARY
RECEIVED



sesame

oil

BANANA

and



ELIZABETH FRIAR

Energetic Lady Directs Volunteer Services

By Russell Forte

Michigan's volunteer program encourages communities to find ways to help the needy through food stamps

Her horoscope says she is self-controlled, courageous, ambitious, eloquent, polite, courteous, practical and sensible. It also says she loves praise and flattery.

Her co-workers will attest to the former, and she gleefully admits to the latter.

Elizabeth Albee Friar administers Michigan's volunteer social services and if the stars determined her lively personality, her ability is no accident of fate, but the result of 34 years in volunteer and social work.

Volunteer services, a division of Michigan's department of social services, runs 80 different programs, but helping food stamp recipients and providing communities with food stamp information are two of the volunteers' major activities.

"Our transportation operation gets shut-ins and people in outlying areas to the store," said Ms. Friar. "It brings them together for meetings, recreation, church, and, of course, gets them down to the food stamp certification office to apply for food stamps and to buy them."

Ms. Friar began the volunteer program in Wexford County when she was director of the county's department of social services. The effort caught the attention of the State government, and Ms. Friar was asked to run volunteer services statewide.

"You can't maintain our kind of system with only a paid staff—the budget would be astronomical," Ms. Friar said. "Volunteers, on the other hand, are available for those few hours when they're needed."

"Sparsely populated counties don't have the services metropolitan areas have," she con-

tinued. "It takes the extra concern and individual effort that volunteers can give to reach people."

Last year, Michigan's 83 counties had about 40,000 volunteers. Because of volunteer participation, Michigan gets \$10 in services for every dollar spent in food stamp outreach.

"Volunteers are reimbursed for out-of-pocket expenses, such as gas or mileage," Ms. Friar said, "but they get no pay."

The volunteers work hard and, sometimes, long hours. They are the backbone of Michigan's outreach effort, and Ms. Friar spends a lot of time recruiting workers.

To involve new people in the program, Ms. Friar speaks to community groups and trains volunteers and members of her staff to recruit and train others.

She works with the United Way, Community Chest and other private agencies to establish volunteer bureaus. At volunteer meetings organized by her staff on the county level, she encourages participants to locate new volunteers.

"When you're working with volunteers, if you need more staff, you find it! If you need more money, you raise it!" said Ms. Friar emphatically. "You're not tied to personnel ceilings and budgets. You go out and knock on doors to get it!"

Ms. Friar emphasizes the personal aspect of the volunteers' work. Her volunteers are special people who fill specific program needs; jobs range from answering questions on a food stamp "hot line" to teaching nutrition classes.

"We were trying to interest one particularly smart shopper in joining our volunteer program to show food stamp clients how to spend

their money better," said Ms. Friar. "But she was embarrassed to tell someone else how to shop. Finally, she took a client shopping. When both finished, our smart shopper had purchased far more for the same money than the client. The client wanted to know how she did it. And that gave our volunteer the 'in' she felt she needed."

Volunteers work with groups at food stamp certification centers in "friendly visitor classes" which quite often involve outside members of the community. One volunteer, who held a class on shopping, brought in a beautician as a volunteer to explain the basics of good grooming. Another volunteer brought in friends to teach sewing.

Forty-nine percent of Ms. Friar's volunteers are men, and, on the average, men work about 2 hours a week more than women in the program. The youngest volunteer is a 2-month-old baby, and the oldest is a 105-year-old woman.

"The little girl was such a hit at one of our friendly visitors classes with the older people that her mother signed her up as a volunteer," said Ms. Friar. "The oldest is a resident of a nursing home. She reads five newspapers a day and gives other residents an update on news, sports, and columns giving advice to the lovelorn."

To encourage continued participation in the volunteer program, Ms. Friar presents certificates of achievement from the governor to outstanding volunteers at special meetings. She also discusses individual outreach efforts at these meetings.

"If they have a good food stamp outreach program, I tell them so," said Ms. Friar. "If they don't, I tell them that, too."

Volunteer service provides rewards for both recipients and volunteers. Some volunteers have built work records that have helped them move into paying jobs.

"Some clients are themselves volunteers, and also progress with skills they learn," Ms. Friar said. "Like the volunteer who was teaching third-to-seventh-grade dropouts to read and write. She did so

well at it that another volunteer went to bat for her, and helped her win a scholarship to Michigan State University. She will probably graduate in about a year."

Medical professionals also volunteer their time, and sometimes their services. Michigan is actively involved with the Department of Health, Education and Welfare's Title 18 health surveillance program, and volunteers routinely refer food stamp recipients who might need medical help, exams or glasses to health screening units or clinics.

Ms. Friar is very concerned about acceptance of the food stamp program in the community. In outreach work, she has found community attitude can affect participation. For example, in one low participation county, Ms. Friar approached the county board and found that most members felt the food stamp program was a giveaway program, an attitude shared by most of the community.

In the effort to correct the impression, Ms. Friar developed a speakers bureau to address local organizations. The bureau helped explain the program and point out that only a relatively small number of food stamp recipients receive free food coupons; the majority pay part of the face value of the stamps based on household income.

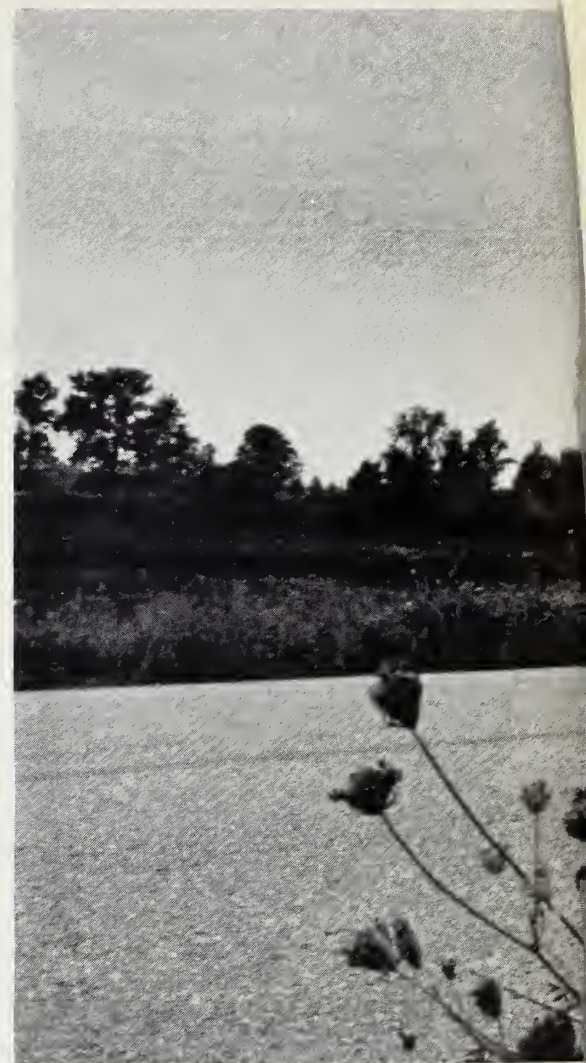
Over a 4-month period, Ms. Friar changed county residents' attitudes toward food stamps, and now the community actively supports the program.

This feeling of local cooperation is also very strong in Huron County. When the county's social services department converted an old school bus to a mobile food stamp sales office, the renovation became a community project. And the bus has worked so well, Ms. Friar hopes to extend the idea to the whole State.

Michigan is making a concerted effort to reach the elderly, shutins, and the very poor with food stamp information. But most significant is the concern and personal involvement the volunteer brings to the program. ☆



Ms. Friar worked with Huron County volunteers converting an old bus to a mobile food stamp sales office. Volunteers removed the interior and reupholstered, painted and paneled it, then installed a cashier's cage and carpeting. After the exterior was sanded and painted, the office was ready to roll.



well at it that another volunteer went to bat for her, and helped her win a scholarship to Michigan State University. She will probably graduate in about a year."

Medical professionals also volunteer their time, and sometimes their services. Michigan is actively involved with the Department of Health, Education and Welfare's Title 18 health surveillance program, and volunteers routinely refer food stamp recipients who might need medical help, exams or glasses to health screening units or clinics.

Ms. Friar is very concerned about acceptance of the food stamp program in the community. In outreach work, she has found community attitude can affect participation. For example, in one low participation county, Ms. Friar approached the county board and found that most members felt the food stamp program was a giveaway program, an attitude shared by most of the community.

In the effort to correct the impression, Ms. Friar developed a speakers bureau to address local organizations. The bureau helped explain the program and point out that only a relatively small number of food stamp recipients receive free food coupons; the majority pay part of the face value of the stamps based on household income.

Over a 4-month period, Ms. Friar changed county residents' attitudes toward food stamps, and now the community actively supports the program.

This feeling of local cooperation is also very strong in Huron County. When the county's social services department converted an old school bus to a mobile food stamp sales office, the renovation became a community project. And the bus has worked so well, Ms. Friar hopes to extend the idea to the whole State.

Michigan is making a concerted effort to reach the elderly, shutins, and the very poor with food stamp information. But most significant is the concern and personal involvement the volunteer brings to the program. ☆



Ms. Friar worked with Huron County volunteers converting an old bus to a mobile food stamp sales office. Volunteers removed the interior and reupholstered, painted and paneled it, then installed a cashier's cage and carpeting. After the exterior was sanded and painted, the office was ready to roll.







Schools across the country will be planning a variety of holiday activities this month. Here are some ways schools are making school lunch a part of the festivities.

About 50 community residents, in addition to quite a few parents, join students at Gardiner Elementary School in Gardiner, Montana, every year for the traditional Christmas dinner. Alice Lee, Gardiner cafeteria manager, started the event several years ago when she issued a blanket invitation to the community. Now, she explains, people come automatically. "And we're delighted," she says.

Members of civic groups, representatives from the city government, and senior citizens are among the guests for the annual dinner, which features turkey and dressing. Most make their reservations with Ms. Lee well in advance of the meal, but she always prepares "just a little bit more" for unexpected visitors.

And in honor of the occasion, Ms. Lee and her staff do some things to enhance the festive spirit. They buy colorful tablecloths and nice serving bowls to use for the condiment table. The cooks also purchase, out of their own pockets, a special candy treat for each student's tray.

But the mistletoe ball that hangs in the kitchen area draws perhaps the most attention of all, as nearly everyone gets in the act—cooks, deliverymen and even the students who help in the cafeteria.

Christmas trees become "nutrition trees" in many Wyoming school cafeterias during the Yuletide season. "The idea," according to Amelda Little, school lunch consultant for the Wyoming State department of education, "originated several years ago from an idea published in the 'School Foodservice Journal.' Now it's tradition in a lot of elementary schools."

A tree, purchased by the school district or donated by private citizens, is placed in the cafeteria. And announcements distributed school-wide invite all students to make decorations for a tree with a nutrition theme. Some decorations are made as part of a class project while others are completed on the students' free time.

Empty food cans with the labels still intact, fresh fruit and vegetables, and construction paper cutouts are among the materials students use for their decorations. Some of the nonperishable decorations are saved from year to year.

"The students bring their finished product to the cafeteria for the manager to look over," explains Ms. Little, "and if the nutrition theme has been carried out, the decoration is hung on the tree."

All the students enjoy following the progress of the tree, checking every day for new additions. And even the parents make special trips to the cafeteria to see the finished product.



In Darby, Montana, cooks wear elf and Santa Claus hats to serve Christmas dinner, which usually features a decorated cake.

Most North Dakota schools play Christmas music in the cafeteria. Students make festive centerpieces for the tables and decorate Christmas trees with construction paper cutouts of fruit.

In Utah, students decorate Christmas trees with food cans they bring from home.

Cafeteria staffs in some Oklahoma schools decorate kitchen utensils and display them on counters.

South Dakota schools this year will feature a "Twelve Days of Christmas" series in which a different food item associated with the holiday season will be served each day. These foods include cranberries, decorated sugar cookies, pumpkin pie, turkey or ham, sugar plum pudding, fruit cake, sweet potatoes, cornbread, corn, dressing, mashed potatoes and gravy, and citrus salad. Along with the feature food, a poster explaining the history of the food and why it's associated with the Christmas holiday will be displayed in the cafeteria. A statement about the food's nutritional benefits might also be included.

HOW TWO LUNCH PROGRAMS SAVE MONEY

By Ronald J. Rhodes and Carol M. D'Arrezo

1.

To some 30,000 Tulsa youngsters, the school lunches they eat daily may seem to be the direct result of food service workers in the kitchen. But they are part of an effort that extends far beyond the cafeterias.

These meals are the product of an elaborate purchasing, storage and delivery system designed to provide this northeastern Oklahoma city's school lunch managers with quality foods at the lowest possible cost.

"Money the taxpayers of Tulsa were willing to spend years ago in setting up good warehousing and delivery systems has paid off in this time of inflation and higher food prices," says Malcolm Craig, purchasing director for the school district.

The delivery system includes four trucks which deliver food Monday through Thursday from the school district's central warehouse to more than 100 schools. Food worth about \$40,000 is delivered each day—some of this food has been stored in the warehouse for several months.

The warehouse contains 29,000 square feet and includes three large walk-in coolers and three freezers, each 40 feet long, 27 feet wide and 17 feet high. This facility allows the school system to buy and store food supplies in carload lots, at a relatively low cost through volume and direct purchase.

Nearly all the food used in the Tulsa school cafeterias is bought on a bid basis. Notices of the item needed are sent to a list of brokers who submit a price. Samples are requested, if the product is new.

Designed by Lou Dorfsman, CBS Inc.

The district's food service office furnishes the purchasing department written specifications for all food items. In addition, new products are analyzed by district food service director Mary Harris and some of her dietitians. Brand names are removed, before analysis, according to Ms. Harris, and each sample is tested for quality. Results of these tests are considered in awarding contracts.

"The lowest bid is not accepted if the product does not meet specifications of our staff," she points out.

To maintain this high standard and still keep costs down, John Holderman, purchasing agent for the district, watches the commodity markets closely, including futures, to determine the best time to buy foods.

Printouts also help in food delivery to schools. Each school lunch manager sends an order to the district food service department weekly. The list is checked and then sent to the computer. The warehouse gets a computer list showing the total amount of food ordered and a list showing the amount needed at each school. The food is then loaded into the trucks according to school and delivery schedule. Every school gets a delivery at least once a week, some more often, depending on storage space.

How effective has the food purchasing and storage system been?

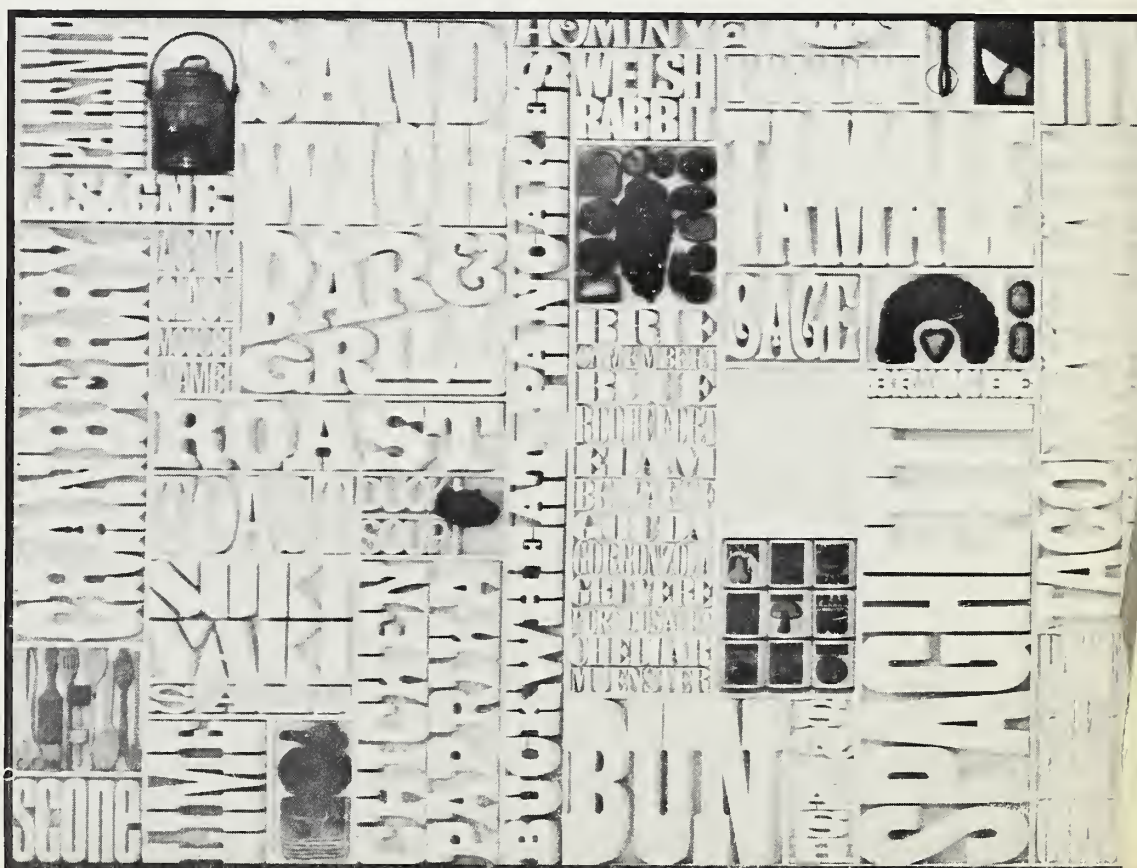
"It's saved us a lot of money," says Mr. Holderman. "For example, the cost of sugar for our schools never went above \$38 a hundred weight this year. We bought before the price rise started and had enough to last until the situation eased."

"When we think supplies of a product may be short and prices may rise, we often buy a year's supply or more," he says.

"We never know how many bids we will get," he points out. "On some vegetables we may get 15 or 20 bids. On foods that are scarce, we could get just one or two."

Because the district can hold food in the warehouse for several months, the purchasing department is also able to take advantage of special prices. If a special price appears on an item not normally used by food service, Mr. Holderman checks with Ms. Harris to see if it might be used effectively in school lunches.

To ensure the availability of supplies to schools in the district, a computer helps keep track of the amount of food on hand at all times and how much it is worth. An updated inventory printout goes to the purchasing department each week. By checking the amount on hand and the mini-



HOW TWO LUNCH PROGRAMS SAVE MONEY

By Ronald J. Rhodes and Carol M. D'Arrezo

1.

To some 30,000 Tulsa youngsters, the school lunches they eat daily may seem to be the direct result of food service workers in the kitchen. But they are part of an effort that extends far beyond the cafeterias.

These meals are the product of an elaborate purchasing, storage and delivery system designed to provide this northeastern Oklahoma city's school lunch managers with quality foods at the lowest possible cost.

"Money the taxpayers of Tulsa were willing to spend years ago in setting up good warehousing and delivery systems has paid off in this time of inflation and higher food prices," says Malcolm Craig, purchasing director for the school district.

The delivery system includes four trucks which deliver food Monday through Thursday from the school district's central warehouse to more than 100 schools. Food worth about \$40,000 is delivered each day—some of this food has been stored in the warehouse for several months.

The warehouse contains 29,000 square feet and includes three large walk-in coolers and three freezers, each 40 feet long, 27 feet wide and 17 feet high. This facility allows the school system to buy and store food supplies in carload lots, at a relatively low cost through volume and direct purchase.

Nearly all the food used in the Tulsa school cafeterias is bought on a bid basis. Notices of the item needed are sent to a list of brokers who submit a price. Samples are requested, if the product is new.

Designed by Lou Dorfman, CBS Inc.

The district's food service office furnishes the purchasing department written specifications for all food items. In addition, new products are analyzed by district food service director Mary Harris and some of her dietitians. Brand names are removed, before analysis, according to Ms. Harris, and each sample is tested for quality. Results of these tests are considered in awarding contracts.

"The lowest bid is not accepted if the product does not meet specifications of our staff," she points out.

To maintain this high standard and still keep costs down, John Holderman, purchasing agent for the district, watches the commodity markets closely, including futures, to determine the best time to buy foods.

Printouts also help in food delivery to schools. Each school lunch manager sends an order to the district food service department weekly. The list is checked and then sent to the computer. The warehouse gets a computer list showing the total amount of food ordered and a list showing the amount needed at each school. The food is then loaded into the trucks according to school and delivery schedule. Every school gets a delivery at least once a week, some more often, depending on storage space.

How effective has the food purchasing and storage system been?

"It's saved us a lot of money," says Mr. Holderman. "For example, the cost of sugar for our schools never went above \$38 a hundred weight this year. We bought before the price rise started and had enough to last until the situation eased."

"When we think supplies of a product may be short and prices may rise, we often buy a year's supply or more," he says.

"We never know how many bids we will get," he points out. "On some vegetables we may get 15 or 20 bids. On foods that are scarce, we could get just one or two."

Because the district can hold food in the warehouse for several months, the purchasing department is also able to take advantage of special prices. If a special price appears on an item not normally used by food service, Mr. Holderman checks with Ms. Harris to see if it might be used effectively in school lunches.

To ensure the availability of supplies to schools in the district, a computer helps keep track of the amount of food on hand at all times and how much it is worth. An updated inventory printout goes to the purchasing department each week. By checking the amount on hand and the mini-

mum needed, department personnel can tell when to reorder an item.

In fact the storage facility coupled with perceptive food buying has enabled the school system to keep lunch prices stable for the past 3 years.

"The Tulsa warehousing system is an outstanding example of foresight and planning," says Fred Jones, State school lunch director. "It represents a system which many larger school districts should consider to keep their food costs as low as possible."

2.

Last year may well go down in history as the year of the rebate. Prices have been rolled back on everything from taxes and new cars to curling irons and chain saws. But most of these refunds have been limited to single, one-time purchases. Not so for the children who attend elementary school in New Jersey's East Greenwich Township. They get a 5-cent rebate every day on the price of a school lunch.

Since April, children attending East Greenwich, Mickleton, and Mount Royal elementary schools have been paying 40 cents instead of 45 cents for a Type A lunch. Of the

500 New Jersey school systems participating in the National School Lunch Program, only one other school system has been able to reduce prices this year. In fact, most New Jersey public schools have had to raise lunch prices by 5 cents, according to Miriam Hughes, food service coordinator for the State department of education.

"Lowering the price of lunch in school this year is really an achievement," observed Ms. Hughes. "East Greenwich's food service staff, under the direction of Frances Pietrangelo, is doing an exceptional job in maintaining a fine school lunch program while managing to hold expenses down."

A relative newcomer to school food service, Ms. Pietrangelo started as the supervisor of East Greenwich's primary school lunch system in 1972. Her job was to open a lunch program for the township's three primary schools.

"Truthfully," the school lunch manager explained, "I almost didn't get the job. I had never run a food service program in a school before, so I wasn't the board's first choice. Fortunately for me, the woman who was selected for the position decided to accept a job somewhere else . . . so the board asked me if I was still in-

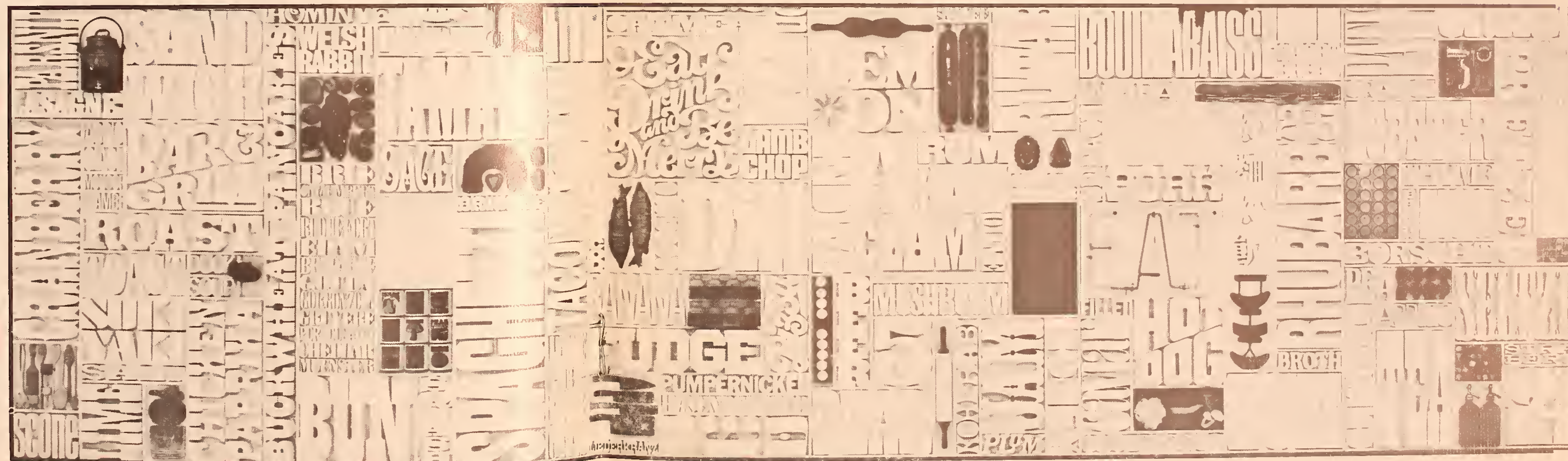
terested. I was delighted."

Ms. Pietrangelo found that a cafeteria in East Greenwich could serve all three schools. She equipped the cafeteria with the help of funds from USDA's non-food assistance program. To equip, staff and stock the new cafeteria, the school spent \$3,600.

East Greenwich School, which serves third to sixth graders, is next to Mickleton School, with all second graders, so Mickleton children simply walk over to East Greenwich's cafeteria each noon. Children in kindergarten and first grade go to Mount Royal, and have their lunches trucked hot from Ms. Pietrangelo's kitchen.

Since the day the East Greenwich lunch program opened for business, it's been entirely self-supporting. The payroll, equipment, food purchases, and even tuition for food service training courses, are all paid with proceeds from lunch sales. Even after expenses, nearly \$2,000 remained at the end of last year. The school channeled this money back into the lunch operation, which lowered lunch prices this year.

Ms. Pietrangelo has three basic rules to keep costs down: make full use of USDA-donated foods; rely on "home" cooking as much as possible;



and plan purchases and menus very carefully.

"Staying on top of things is a 24 hour a day job for me," said Ms. Pietrangelo. "But I wouldn't have it any other way. . . I love it!"

Ms. Pietrangelo's food service career began as a teenager when she worked at a restaurant fountain in her South Philadelphia neighborhood. She moved from her job as a sandwich-maker at the restaurant to a year-long training program in food service sponsored by a drug store chain. The training program led to a position supervising three large fountains and cafeterias owned by the chain. After a number of years, Ms. Pietrangelo left the chain and established and managed a restaurant in the southern division of Philadelphia's Albert Einstein Hospital.

"When you work in the private sector, you have to stay out of the red to remain in business. It's vital to watch every aspect of your operation closely and pinpoint areas of profit and loss," asserted Ms. Pietrangelo.

Keeping a tight inventory and understanding price trends are crucial to meeting a budget, according to the food service manager. When the cost of any product or brand becomes excessive, she substitutes a less expensive item.

"It's important to have a goal in your budget," she explained. "Smart shopping and planning is hard work, but it pays off—especially when you can pass the savings on to the kids."

Ms. Pietrangelo speaks of her customers with the same warm affection that she does of her own family. Her dedication is evident in the effort she puts into planning each month's menus. She varies the menus to make the most of seasonal bargains and USDA foods.

"I know I'm not alone in saying that I don't like to see a lot of plate waste. Children's food habits must be considered." She added, "But I believe that it's important to encourage them to try new things."

The food service manager seems to have found a balance between serving student favorites and introducing new foods. The children enjoy a wide range of entrees and less popular foods—fish, for example—get special merchandising.

"Television has a big influence on children," Ms. Pietrangelo explained, "and I try to capitalize on its positive effects. Fast food commercials make anything served on a bun look good. So we tried putting our batter-dipped fish on a bun. The kids loved it."

Ms. Pietrangelo has made a game out of trying new foods. Some trays

containing the new item have lucky numbers, and kids with lucky numbers win a hot pretzel or ice cream bar.

Thinking of ways to get kids to eat vegetables is a lot more work, even for a pro like Ms. Pietrangelo. She has discovered that one successful approach is to sneak them into desserts.

However, finding recipes for these unusual desserts sometimes presents a problem. Recently, Ms. Pietrangelo artfully persuaded a salesman to part with a secret recipe for a beet dessert, and "beetnik" cake is now a favorite of elementary schoolchildren in East Greenwich. Carrot cookies are popular, too.

The staff's vegetable soup is another dish that needs no merchandising—not that many of the staff's homemade creations do.

"We have fun making them, and we save money, too," said Ms. Pietrangelo.

Equally popular are green beans with peanut granules donated by USDA. Ms. Pietrangelo makes sure that all the commodities her schools receive are used fully. At least six entrees a month are made entirely from donated foods.

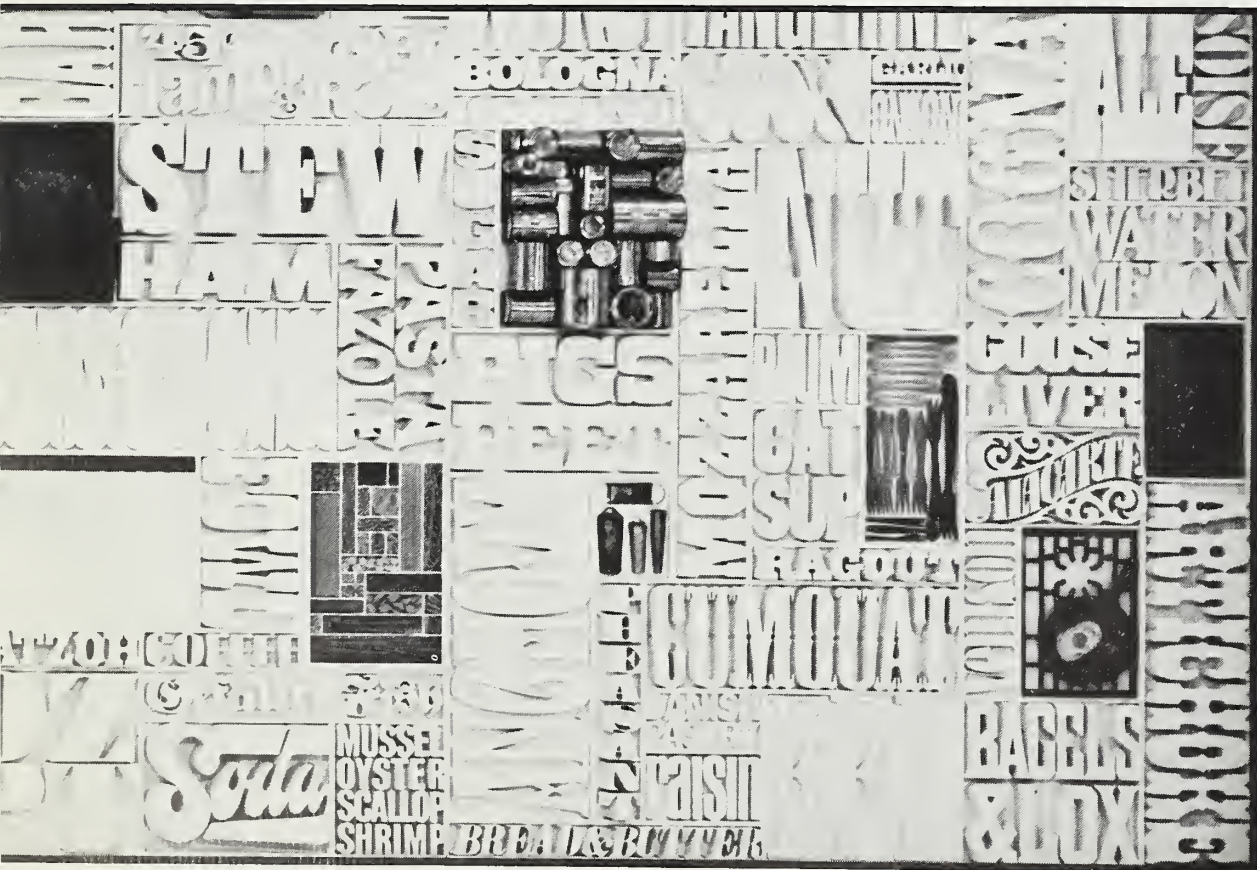
With so much planning going into the lunches, it's no surprise that program participation is high. Even though many of the children live close enough to school to walk home for lunch, over 75 percent buy lunch at school.

"We insist on making lunchtime a happy experience," said one cafeteria staff member. "We know almost all the children by their first names."

Ms. Pietrangelo puts a tremendous amount of time and energy into running the school's cafeteria but she goes to food shows and training courses, too.

Though she has much to be proud of, Ms. Pietrangelo is quick to point out that she hasn't always been successful. Once she served "hoagies" or submarine sandwiches to the first graders.

"I forgot they didn't have any front teeth," she said laughing. "We finally ended up cutting both ends off of the rolls." ☆



BAGELS FOR THE BICENTENNIAL

By Melanie Watts



Bagels stole the show when Colorado schools paid tribute to Rosh Hashana this fall.

Students at the 18 schools in the Northglenn-Thornton district were treated to a Jewish lunch September 5, on the eve of the Jewish New Year. This meal is the first in a series of special school lunches that will honor the many groups of people who settled our country.

"It's our contribution to the bicentennial celebration," explains Henrietta Green, district school food service director, who came up with the idea for the special lunches. She and her staff will plan at least one ethnic menu for each month, timing them with special occasions whenever possible.

Originally, the special occasion selected for the Jewish meal was Yom Kippur, also a Jewish holiday. But Ms. Green changed those plans when she learned that Yom Kippur is a time for fasting.

"I'm sure we'll make a lot more mistakes on different things before we're through," Ms. Green laughs. "But at least we're getting an education."

The Jewish meal, in addition to bagels, featured baked chicken and noodles red cabbage, salad, honey cake and milk. There are few Jewish families in the community which is just outside Denver, so the meal was

a novelty for everyone, including the cooks.

"Bagels are traditionally boiled in salt water," explains Gladys Beach, manager at Merritt Hutton Junior High School. "But this isn't a practical method of preparation for school cafeterias since it takes too long and ties up too much of the equipment."

So the Merritt Hutton staff came up with a substitute method that produced bagels good enough to warrant raves from the Jewish guests at lunch. They used a heavy biscuit dough, with extra eggs and sugar, and baked the bagels in the oven. Students particularly enjoyed the hard, doughnut-shaped rolls even though many at first mistook them for dessert.

Another problem Ms. Green encountered in striving for authenticity involved a traditional dietary law that prohibits serving meat and milk together. But to meet Type A requirements, each meal served included a half pint of milk.

Student participation for the Jewish meal equaled that for any other meal served so far this year, proving Ms. Green's theory that everyone enjoys a little variety, especially when it's handled correctly.

By this, Ms. Green means involving teachers and principals in the ethnic lunch series.

"I want teachers and principals to promote these special meals in the classroom and through school-wide publicity," she explains. "If the students know why the meals are being served and understand the featured food items, they're more likely to buy the lunch."

The food service director says this has always been the case when she's worked with students and teachers to coordinate menu plans with classroom projects. At the teacher's request, Ms. Green planned a lunch featuring food from the country the class was studying. And students advertised the meal with bilingual posters, cafeteria decorations and announcements.

"These efforts were always successful, even when the meal was something the kids had never tried before," Ms. Green recalls. "Just like everyone else, their interest must be aroused."

If the Jewish meal is any indicator, the ethnic series should be very successful. Teachers plan to work the menus into classroom discussions, and principals have promised complete cooperation.

Future menus will feature pretzels for Germany, fish and chips for Scotland, meatballs for Sweden, chicken curry for India and quiche Lorraine for France.

But there are many more possibilities than these, and Ms. Green is open to suggestions. In fact, she's made a plea for community assistance on menu ideas.

"I'm hoping someone will come up with a lunch representative of the American Indian," she says. "So far, all I've got for that one is fry bread."

But Ms. Green and her entire staff continue to work on new ideas for the school lunch program. Researching cookbooks, adjusting recipes, soliciting outside help and gaining the administration's support is all part of this project. It's involved a lot of time, both at the office and at home.

As far as Ms. Green is concerned, though, it's time well spent. Because in her book, variety is the spice of lunch. ☆

SALVATION ARMY PROVIDES A CENTER FOR FOOD PROGRAMS

By James Lonsbury

IT is still more than an hour until noon, but already some of the senior citizens have started to gather for lunch at the communal dining room in the Salvation Army Center in Rochester, Minnesota. They come by ones and twos, arriving early to visit with friends or make new acquaintances. For many of them, this is the social and nutritional highlight of their day.

"Some people are at the same table each week, and because they can't wait to see each other, they get here at 10:00 instead of 11:00," said Salvation Army Captain Raymond Sweazy. "They send cards to each other when they go on trips or when they are sick."

Captain Sweazy is in charge of the Salvation Army Center in Rochester's Olmsted County and the 18-month-old communal dining program which is presently serving about 100 participants each day.

Funded by the Department of Health, Education and Welfare, through Title VII Nutrition Programs for the Elderly, the program also receives USDA foods.

The Salvation Army suggests diners make a 50-cent contribution which can be either cash or food stamps to help defray the cost of their meals. However, if a participant cannot afford the donation a meal is still available, according to Terri Stern, nutrition program director of the senior citizens service in the Olmsted County nutrition program—the communal dining program's sponsor. The center's staff makes every possible effort to ensure individual participant's financial privacy.

The Salvation Army kitchen prepares all meals served at the center and about 100 additional meals which are sent to two satellite communal dining rooms in smaller

communities in Olmsted County.

"The communal dining rooms are run by Senior Citizens, Inc., a nonprofit group that has its own organization," commented Captain Sweazy. "The manager is not a senior, nor is the staff, but most of the people in those service areas who handle it are elderly."

The Salvation Army also has a contract to prepare about 50 diet-controlled meals for Olmsted County's 4-year old "Meals on Wheels" program. Operated by the Family Consultation Service and financed by the United Fund, the program delivers meals to persons confined to their homes. Recipients can pay \$1.50 for each meal in either cash or food stamps.

These special meals are prepared according to the individual participant's dietetic requirements—low salt or no salt, low calorie or high calorie. Some are based on a general diet, but with certain foods eliminated. The meals consist of a hot and cold pack, and are delivered in insulated containers.

The communal dining and "Meals on Wheels" programs depend heavily on community participation. Without volunteers, high labor costs would preclude such programs, according to Captain Sweazy. Three salaried employees operate the center's kitchen and dining rooms—one cook, one dishwasher and one person to pack meals for delivery. Volunteers help prepare and serve the meals and clean up the dining room after lunch.

Working with volunteers requires considerable advance planning to assure each "Meals on Wheels" participant a hot noon meal. Patricia Arnesen, volunteer service coordinator, is responsible for this phase of the program. Most

of the volunteers work one day each week delivering meals to some five or six participants. Friday volunteers also have to collect for the week's meals.

Captain Sweazy is well qualified to head the involved operations. He has served 25 years with the Salvation Army, the last 12 in Rochester. And in the past he has worked with various aspects of FNS programs.

The Captain was instrumental in starting the food stamp program in Olmsted County. Later, when the food stamp unit had to leave its original location, he offered the Welfare Board free space in the Salvation Army Center for food stamp certification and issuance offices. However, the Welfare Board elected to pay a nominal rent for the space.

With all these services located at a central point, the elderly, as well as other needy people, are able to easily conduct their business, especially in emergencies.

These centralized services can also reduce time necessary for certification. One elderly participant confided to Ms. Stern that he did not have the 50-cent donation for the noon meal—he had exactly 9 cents and no immediate prospects of getting more. Ms. Stern hustled him down the hall to the food stamp section where Ed Jarvey, Olmsted County food stamp officer, certified him and issued him stamps. "It took about 15 minutes, with the cooperation of all offices involved," Ms. Stern said later.

Currently about 2,600 individuals are participating in the county's food stamp program. The food stamp issuance office is open each Friday, as well as the first Thursday of the month.

The Salvation Army Center is ideally located to serve food pro-

gram participants. It is on the edge of Rochester's business district where street parking is usually no problem. The neighborhood is home to a number of elderly who live in a new senior citizens apartment directly behind the center. Plans for another senior citizens apartment building less than a block away are under consideration. The Public Library and Art Center are both within a couple of blocks of the Salvation Army Center. And a small park presently under construction across the street from the center will offer residents a quiet place to relax.

Captain Sweazy provides his senior visitors with a variety of other services. Through the senior citizens services, the elderly visiting the center can have their blood pressure checked. Twice each month, a nurse or student nurse from one of the many hospitals located in Rochester comes to the center and offers the service.

The Salvation Army maintains a year-round camp in the Minneapolis area. "A senior citizens camp goes for 2 weeks in the fall," says Captain Sweazy. The camp is used for kids and family camp programs at other times—lots of groups use it, not just the Salvation Army. But about 350 elderly use it for weeklong camping periods twice a year."

The Salvation Army organizes other outings and sightseeing tours. And the center sponsors programs on subjects of particular interest to the elderly. The Captain recruits individuals knowledgeable in their fields to talk on subjects such as social security, property taxes, nutrition or how to make out a will.

"I get someone from the social security office, an attorney, a bank official or trust officer, to come in and talk to the group," the Captain said.

The center serves many needs through both food and social programs.

"This is a wonderful program for older people," one participant remarked, "it provides them with an incentive to dress up and get out of their homes." ☆



1975 INDEX

A

- Alabama
 - A Team Teaching Success June 1975
- Alaska
 - Field Staff Solve Logistic Problems Oct. 1975
 - Villagers Help Meet Local Needs Oct. 1975
- American School Food Service Association
 - Child Nutrition Bicentennial Project Oct. 1975
- And Lunch Participation Soared: Menus Get Special Treatment at Bismarck; Project SMILE Sells Lunch at Carrollton Feb. 1975
- Arizona
 - Type A Diet Plates Trim Pounds Apr. 1975
- Arkansas
 - Child Nutrition Bicentennial Project Oct. 1975

B

- Bagels for the Bicentennial Dec. 1975
- Buying Systems
 - Co-ops June 1975

C

- California
 - Lunch at Castro Valley: The Emphasis Is On Choice Apr. 1975
- Cashier Training Takes to the Road Apr. 1975
- Child Nutrition
 - And Lunch Participation Soared: Menus Get Special Treatment at Bismarck; Project SMILE Sells Lunch at Carrollton Feb. 1975
 - Child Nutrition Bicentennial Project Oct. 1975
 - Co-ops June 1975
 - Feed the Children June 1975
 - Four Sisters Specialize in School Lunch Apr. 1975
 - How Two Lunch Programs Save Money Dec. 1975
 - Lunch at Castro Valley: The Emphasis Is On Choice Apr. 1975
 - Lunchroom Festivities Dec. 1975

- Maryland School Boosts Type A Participation June 1975
- Person to Person Aug. 1975
- Project ANSER Studies School Lunch Feb. 1975
- Type A Diet Plates Trim Pounds Apr. 1975
- Walter Colender: Profile of a State School Lunch Director Apr. 1975
- What's Happening in School Food Service? Oct. 1975

Colorado

- Four Sisters Specialize in School Lunch Apr. 1975
- Travels with Charlie Dec. 1975

Co-ops

June 1975

D

Delaware

- Senior Fairs Dec. 1975

- Department Store Owner Turns Issuing Agent Feb. 1975

District of Columbia

- Information for Food Stamp Shoppers At the Supermarket At the Food Stamp Center Aug. 1975

E

Education

- ACVTE (Adult Center for Vocational and Technical Training) Apr. 1975
- And Lunch Participation Soared: Menus Get Special Treatment at Bismarck; Project SMILE Sells Lunch at Carrollton Feb. 1975
- A Team Teaching Success June 1975
- Cashier Training Takes to the Road Apr. 1975
- Child Nutrition Bicentennial Project Oct. 1975
- Feed the Children June 1975
- Four Sisters Specialize in School Lunch Apr. 1975
- Opportunities Industrialization Center, Inc. Apr. 1975
- Person to Person Aug. 1975
- Project ANSER Studies School Lunch Feb. 1975

Elderly, Programs for the

- Four Sisters Specialize in School Lunch Apr. 1975
- More Than a Meal: It's Off to School for Seattle's Elderly Feb. 1975
- Nutrition Program for the Elderly Aug. 1975
- Salvation Army Provides a Center for Food Programs Dec. 1975
- Senior Fairs Dec. 1975

- Energetic Lady Directs Volunteer Services June 1975

F

- Feed the Children June 1975

Florida

- A Team Teaching Success June 1975

Food Stamps

- Alaska—Field Staff Solve Logistic Problems Oct. 1975
- Alaska—Villagers Help Meet Local Needs Oct. 1975
- Cashier Training Takes to the Road Apr. 1975
- Department Store Owner Turns Issuing Agent Feb. 1975
- Energetic Lady Directs Volunteer Services Dec. 1975
- Information for Food Stamp Shoppers At the Supermarket At the Food Stamp Center Aug. 1975
- Food Stamps Grow Home Gardens Oct. 1975
- Food Stamps in Greenville Aug. 1975
- Food Stamp Outreach in Utah June 1975
- New Food Coupons Are Coming! Feb. 1975
- Newspapers Feature Food Stamp Shopping Tips Apr. 1975
- North Carolina's Food Stamp Hot Line—Information for the Needy Apr. 1975
- Nutrition Program for the Elderly Aug. 1975
- Quality Control June 1975
- Salvation Army Provides a Center for Food Programs Dec. 1975
- Senior Fairs Dec. 1975
- Travels with Charlie Dec. 1975
- Food Stamps in Greenville Aug. 1975
- Food Stamp Outreach in Utah—A Continuing Effort June 1975
- Four Sisters Specialize in School Lunch Apr. 1975

G

Georgia

- And Lunch Participation Soared: Project SMILE Sells
Lunch at Carrollton Feb. 1975
- A Team Teaching Success June 1975

H

- How Two Lunch Programs Save Money Dec. 1975

I

- Information for Food Stamp Shoppers . . . At the
Supermarket . . . At the Food Stamp Center Aug. 1975

Iowa

- The Intelligent Terminal Aug. 1975

L

- Lunch at Castro Valley: The Emphasis Is On Choice Apr. 1975
- Lunchroom Festivities Dec. 1975

M

Maryland

- Maryland School Boosts Type A Participation June 1975

Massachusetts

- Child Nutrition Bicentennial Project Oct. 1975

Michigan

- Energetic Lady Directs Volunteer Services Dec. 1975

Mississippi

- A Team Teaching Success June 1975

Montana

- Lunchroom Festivities Dec. 1975

- More Than a Meal; It's Off to School for Seattle's Elderly Feb. 1975

N

Nebraska

- The Intelligent Terminal Aug. 1975

- New Food Coupons Are Coming Feb. 1975

New Hampshire

- Department Store Owner Turns Issuing Agent Feb. 1975

New Jersey

- How Two Lunch Programs Save Money Dec. 1975
- Information for Food Stamp Shoppers . . . At the Super-
market . . . At the Food Stamp Center Aug. 1975
- Walter Colender: Profile of a State School Lunch Director Apr. 1975

- Newspapers Feature Food Stamp Shopping Tips Apr. 1975

New York

- Food Stamps Grow Home Gardens Oct. 1975
- Information for Food Stamp Shoppers . . . At the
Supermarket . . . At the Food Stamp Center Aug. 1975

North Carolina

- North Carolina's Food Stamp Hot Line . . . Informa-
tion for the Needy Apr. 1975

North Dakota

- And Lunch Participation Soared: Menus Get Special
Treatment at Bismarck Feb. 1975
- Co-ops June 1975

Nutrition Education

- A Team Teaching Success June 1975
- Child Nutrition Bicentennial Project Oct. 1975
- Person to Person Aug. 1975
- The Food and Nutrition Information Center Aug. 1975
- Type A Diet Plates Trim Pounds Apr. 1975

- Nutrition Program for the Elderly Aug. 1975

O

Oklahoma

- ACVTE (Adult Center for Vocational and Technical
Education) Apr. 1975
- Cashier Training Takes to the Road Apr. 1975
- Child Nutrition Bicentennial Project Oct. 1975
- Lunchroom Festivities Dec. 1975
- Opportunities Industrialization Center, Inc. Apr. 1975

P

Pennsylvania

- Food Stamps Grow Home Gardens Oct. 1975
- More Than A Meal—Communal Dining in Pennsylvania Feb. 1975
- Person to Person Aug. 1975

Profile

- Walter Colender: Profile of a State School
Lunch Director Apr. 1975
- Project ANSER (Advancement of Nutrition Service
and Education Research) Feb. 1975
- Project ANSER Studies School Lunch Feb. 1975
- Project SMILE (Suggested Methods for Improving
Lunchroom Experience) Feb. 1975

Q

- Quality Control June 1975

S

- Salvation Army Provides a Center for Food Programs Dec. 1975
- Senior Fairs Dec. 1975
- South Carolina
Food Stamps in Greenville Aug. 1975
- South Dakota
Lunchroom Festivities Dec. 1975
- SPICE (School Programs Involving Our City's Elderly) Feb. 1975

T

Tennessee

- A Team Teaching Success June 1975

Texas

- Nutrition Program for the Elderly Aug. 1975
- Travels with Charlie Dec. 1975
- The Food and Nutrition Information Center Aug. 1975
- The Intelligent Terminal Aug. 1975
- Type A Diet Plates Trim Pounds (Part II) Apr. 1975

U

Utah

- Child Nutrition Bicentennial Project Oct. 1975
- Co-ops June 1975
- Food Stamp Outreach in Utah—A Continuing Effort June 1975
- Lunchroom Festivities Dec. 1975

V

- Villagers Help Meet Local Needs Oct. 1975
- Volunteers

- Energetic Lady Directs Volunteer Services Dec. 1975
- Senior Fairs Dec. 1975

W

- Walter Colender: Profile of a State
School Lunch Director Apr. 1975

Washington

- Co-ops June 1975

Washington (Seattle)

- More Than a Meal—It's Off to School for
Seattle's Elderly Feb. 1975

- What's Happening in School Food Service? Oct. 1975

Wyoming

- Lunchroom Festivities Dec. 1975

Official Business
Penalty for Private Use, \$300

POSTAGE
& FEES PAID
U.S. DEPT.
OF
AGRICULTURE
AGR 101



THIRD CLASS BLK. RT.
Permit Number .005-5

EARL L. BUTZ
Secretary of Agriculture

RICHARD L. FELTNER
Assistant Secretary of Agriculture

EDWARD J. HEKMAN
Administrator
Food and Nutrition Service

JANICE A. KERN, Editor
KATHERINE G. THOMAS,
Assistant Editor

MARCIA B. EDDINS, Art Director

FOOD AND NUTRITION is published bimonthly by the Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250. The use of funds for printing this publication has been approved by the Director of the Office of Management and Budget through November 30, 1976. Yearly subscription is \$3.00 domestic, \$3.75 foreign. Single copies 50 cents each. Subscription orders should be sent to the Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.

Reference to commercial products and services does not imply endorsement or discrimination by the Department of Agriculture.

The Secretary of Agriculture has determined that the publication of this periodical is necessary in the transaction of the public business required by law of this Department.

Prints of photos may be obtained from the Photo Library, U.S. Department of Agriculture, Washington, D.C. 20250.

All programs of the U.S. Department of Agriculture are available to everyone without regard to race, creed, color, sex, national origin, or political belief.

U.S. DEPARTMENT OF AGRICULTURE

contents

- 2** Michigan's Volunteer Services
- 6** Lunchroom Festivities
- 8** Lunch Programs Save Money
- 11** Bagels for the Bicentennial
- 12** Food Programs at the Salvation Army
- 14** Index